

Green Environment

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A thought about re-cycling

Giving a Green Talk today to a civic organization I'm always a bit surprised by the audience's questions and statements during the Q & A. Invariably someone will mention recycling paper. In fact recycling paper is important but consider recycling in this way. Every time you begin to buy something ask yourself if you really need the item you propose to yourself to purchase. Can you reduce your spending and eliminate more waste at the same time? Think about saving money and saving the throw away in five or ten years if that long.

We live in a hilly neighborhood and to maintain my weight one exercise I do almost daily is walking up hills. So the daily stroll takes about 30 minutes up two steep hills and six inclines. Even the down hills are steep which keeps the backs of legs toned too. All this to say I do not like exercise and with being married to a personal trainer, I know the value of daily exercise, increased heart rate and so on. How does this apply to Green? Well, it always makes me sad to see the number of cans, bottles, paper, food scrapes and other debris

discarded along the daily route. I do not always remember to take gloves and a bag to pick up these items. One recent stroll I found about eight different recyclable item in a large pile of leaves. Knowing one aluminum can produces the energy equivalent of four hours of electricity. I've mentioned recycling glass in previous updates. Last night on 60 minutes one story was about a steel manufacturer, Nucor that uses old appliances and cars for recycling steel.

Creativity is something I value and appreciate the gift.

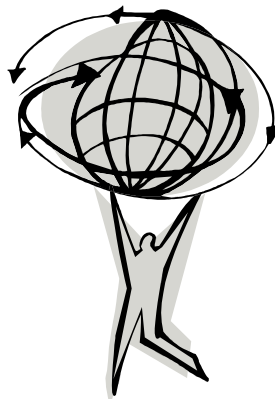
Recycling can be such an awe inspiring activity when linked

with the creative mind of man/ female.

Can we somehow teach our loved ones the value to protecting the earth by caring

for future generations to come?

Litter is against the law.



Smart Living Tips

Our neighbors relocated due to job

changes so their home recently sold after about eight months sitting empty.

Even in crisis mode economic times there are those that realize life goes on and not everyone is financially hurting.

So often during those eight months an assortment of paper would end up on their driveway to mailbox and not only did I pick up and discard (recycle) these items I noticed other neighbors doing the same. I always wonder who is watching when we care enough to care for others, whether that be property, feelings, wellness, diet, any human endeavor that benefits another person.

Recycling to me is a pure example of making sure natural resources are not depleted. Lack of waste or abusive waste is so unnecessary. One bumper sticker has become my motto "insatiable is not sustainable." Be the example for those watching.. And someone is always watching.



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A great speaker is a Stone's Throw Away

Creative Corner

Why it matters.

I personally do not care for opinions like, "global warming is a seasonal event", those liberals are just drumming up this green nonsense, or any other excuse to continue wasteful living. Does it make sense to use, use, use because just as the old fact, it takes more money, energy and time to gain new customers then maintain existing so use of resources is the same. It takes more effort to make or generate new resources

then it takes to maintain our climate, natural resources, etc. Send me any ideas you may have for generating a recycle item that's proven, I'll pass it on to readers for sharing and helping us all.



We have the whole world in our hands. We can make a difference, one earth friendly act at a time.